CONCERNING HEALTH and BEAUTY By MRS. HENRY SYMES



To Exercise the Shoulders

Soups, salmon, bluefish, eels, salt fish

Biting the Finger Nails

4. By applying powder on the face before 1 go out in the sun will it prevent freckles from coming? I freckle very easily and would like to prevent this if there is any way to do so.

A DAILY SUBSCRIBER.

To overcome the habit of biting the finger nails, soak them in liquid quinine, which will make them taste so bad that you will have no desire to bite them. I do not think lodine will do any I do not think lodine will do any good, but if you take a teaspoonful of limewater in a glass of water twice a day, it will harden the nails.

2. It is impossible for me to explain to you how to use a manicure set. The best thing for you to do is to go to a manicure and watch her, and in that way learn how to do it. By manicuring the nails, it will keep the flesh from growing over the half-moon.

3. The harder the brush the more effective it will be. It is better to use lukewarm water than hot or cold.

4. To prevent freckles, wear a corncolored veil. Powder will be of little benefit.

DVICE ON SOCIAL CUSTOMS

Mrs. Chester Adams most cordially invites her friends tobring to her their Soual Problems and Perplexities by letter at any time

Dress Conventions.

TOT only must one wear the proper gowns at the proper time during the winter, but there is also a certain formality of dressing during the summer, and this will be a matter interesting to the June bride, as well as to the girl who is about to open her summer campaign. To know what to wear and when to wear it makes it possible to choose one's wardrobe with the greatest case and to feel a satisfaction in the right decision. Of course, in summer one does not need very formal costumes. Simple suits for the morning, fluffy gowns for the afternoon and cool, becoming gowns for the evening will be all that any one will require. Let us review the entertainments and the sports

of the summer. In the mornings only simple pleasures are usually planned-swimming, tennis, golf, walking and driving; for none of these need one wear anything but frocks of linen or gingham. Absolute plainness should be the keynote, and the wise girl will see that she never wears a frock

which is not immaculately clean, For the afternoon slightly more fluffy gowns will be useful and pretty, for usually the hours after 4 are spent in rather a leisurely way. These afternoon costumes may be muslins, dimitles or gowns of some French novelty materials. A parasol, too, makes the girl more summery, and, of course,, a hat, but not merely of the tailored kind. Plain hats are all very well for the morning hours, but a flowery sun hat is more suitable with light gowns. If the summer is being spent at a place where a clubhouse adds to the gaiety of the season, elaborate afternoon gowns will be useful, and they may be made of the thousand and one lovely materials which are of soft and silky texture. Then one needs a pretty house gown for cool days. This may also do duty as a gown to wear under an ulster when the afternoon is to be spent in a carriage or in a motor car.

Usually the afternoon gown in the summer will do as well for a dinner gown, except when one is dining out. In that case a real evening gown must be at hand, although of less elaborate style than the winter evening gown. For this crepe de chine would be a charming and serviceable material, although a light and pretty organdie, daintily made, would also be very nice. The point that I want to make is this: Even though you possess a wardrobe of moderate proportions, it is well to be ready for any contingency. Do not think that because you expect to spend the summer camping you will never find any use for a dainty evening dress or for other feminine frills. You might be invited to visit some one in the neighborhood, or you might spend some days away from the woods. Better be ready and not go than go and not be ready.

dressing I want to mention the conven- over. tions of dressing. It is better and far more becoming to wear a whole gown of as women. All light flannels and congingham or linen than to appear eternally in the ubiquitous shirtwaist and skirt. While the last mentioned may, of course be worn, it is never a finished costume unless the coat also appears. White shoes should never be worn in the morning in the city, and never in part of the dress, and should not be

exceptional.

Always endeavor to be a tailored giri or woman when you are in the business district, either in the morning or afternoon. Reserve more summery costumes for the times when you are at home among your friends or after the dusk

overlooked unless the circumstances are

exceptional.

These same rules apply as well to men spicuous garments should never make their appearance during business hours. Plain though cool business suits only are allowable. In the evening lighter suits are usually worn and the conventional evening dress is only dragged out in summer time for really formal occasions. the shopping district. In the late after- It is, indeed, a warm costume, so there noon and evening they may be worn to is an element of sense in this relaxaplaces of amusement. A hat is always tion. Of course, when dining out or necessary, and gloves should always be dancing is the order of the day, disworn in public. They are considered comfort must be ignored and the proper costume must be worn. It is safe to say that one very warm style of dress need not make its appearance during the hot months of summer, except at formal noonday weddings, and that is the frock coat. This at least may be laid away, though not in camphor, for occasion might arise when such a cos-tume would be essential

PERPLEXITIES SOLVED

Heart-Broken

O ALICE: As you requested, I will not publish your letter, but let me advise you not to worry about the matter. Worrying will not help matters any and will only make you feel more miserable. Try to be bright and cheerful; keep your mind occupied as much as possible with pleasant things. The young man is not worthy of such true love as yours seems to be. You may allow him to seell and see your five.

allow him to call and see you, if you wish, but do not show him that you care at all what he does. An Inexcusable Act

To R. R. S.—No man should kiss a girl until he has asked her to marry him and has been accepted. The behavior of your friend was inexcusable. He may have been right in his statement, but he forgot to mention that the ment, but he forgot to mention that the ninety-nine people out of a hundred that he talked about were married. It is a great mistake to allow any man to kiss you, and in this case I think you should tell your friend, as you call him, that you do not care to see him any more. If you will write me a personal letter, inclosing a self-addressed stamped envelope, I will neither "laugh nor scold," but I will be glad to help you more fully than I can here.

When to Send Presents Dear Mrs. Adams:

Will you please tell me if it is proper when invited to a church wedding to send the presents to the house before the wedding? And what must I write on my card?

D. E. G.

It is perfectly proper to send presents to the house of the bride two weeks before the wedding—any time that is convenient to you between the time you receive the invitation and the day of the

When Addressing Ladies Dear Mrs. Adams:
Will you 'indly inform me as to which
is the correct form in addressing very
young ladies, Mam, Madam or Miss?
A COUNTY MAN. Address a lady, whether young or old, by her full name, such as Mrs. Smith or Miss Jones.

A Bashful Girl

A Bashful Gitt

Dear Mrs. Adams:
I am a young girl not quite 17, and I am painfully bashful. When out in company with others I cannot feel comfortable or at home on the different subjects approached, and I blush and look most unattractive. Would you kindly tell me what I can do to get over my bashfulness, and what are the best steps to be taken in order to be popular with old and young.

The only way to overcome bashfulness and biushing is to forget one's self. Join in the conversation and make yourself so interested in the

subject that you will not have a chance to think whether you feel comfortable or not. To be popular, do not force yourself and do not be too backward, but act naturally. Be kind to every one and see that all are enjoying themselves. enjoying themselves.

The Bridesmaids' Gowns

tume would be essential

Dear Mrs. Adams:
Will you lindly let me know who decides what the bridesmaids' gowns are to be?

A CHOSEN ONEL The bride usually consults her brides-The bride usually consults her brides-maids about the matter, and informs them what she would like them to wear. Of course, she should show tact and consideration in her choice, so that her bridesmaids will not be put to any great

A Very Improper Position Dear Mrs. Adams:

When riding in a car is it proper for a young man to put his arm over the back of the seat? How can I stop him from doing it?

ETHERL

doing it?

A man will never respect a girl who permits him to take such liberties. The best way to stop him is to ask him to take his arm away, that it makes you uncomfortable, and that it is not at all proper.

A Young Girl's Perplexities

Dear Mrs. Adams:

1. I am 16 years old, but my parents do not approve of me even walking with or hardly speaking to a friend. This has made me very shy. What shall I do? I am not too young to have a friend call once in a while, am I?

2. Should I join in conversation when a girl friend introduces me to one of her boy friends when in a car, on the street or in a store?

3. Should I speak first to boys who are in my high-school classes, or should they? they?

4. I am very quiet when in company and away from home. I do not seem to be talkative, and sometimes people take me to be independent of their company, and think I do not care to become their friend. How can I let them know different?

SOPHOMORE. ent? SOPHOMORE.

1. I do not think you are too young to receive callers, although it is aiways best to abide by the decision of your parents; they, perhaps, have some good reason. When you do meet boys, merely treat them in a pleasant way, and do not feel embarrassed any more than if they were girls. were girls.

2. When a boy is introduced to you 2. When a boy is introduced to you on a car or anywhere, join in the conversation in a natural way, but do not seek to monopolize it.

3. A girl or a woman always speaks first to a boy or man. It is her place to recognize him or ignore him, as she presers.

4. Do not bother about being popular. Be yourself and be pleasant, and as

Be yourself and be pleasant, and as you grow older your friends will better understand you. Do not think about yourself, and you will not be shy.

AIDS TO CORRESPONDENTS

WING to the great amount of mail received and the limited space given this department, it is absolutely impossible to answer letters in the Sunday issue following their receipt. The letters must be answered in turn, and this ofttimes requires three or four weeks. All correspondents who desire an immediate answer must inclose a selfaddressed stamped envelope for a reply. This rule must also be complied

To Enlarge the Legs

with in regard to personal letters.

Dear Mrs. Symes:

Please publish something that will enlarge the legs.

Exercise is the best possible method of enlarging the legs. Long walks will soon produce results. A gymnastic feat which is said to be a certain enlarger for the lower limbs is to stand on one foot and, with the other leg held out as nearly at a right angle to the body as possible, try to touch the knee to the door.

Superfluous Hair

burning sensation is produced. Too long contact with the skin should be avoided, and immediately after the hair has been removed the denuded surface should be gently washed with warm water and a cold cream or a bland oil applied to prevent irritation.

Ready for Exercises

able exercise is impossible.

person who always keeps "in condition"

so that no time will come when reason-

The photographs on the page will give

you ideas for motions which will keep

each muscle flexible and young. To be

ready for the exercise, stand erect, with

the toes turned out and heels not too far

apart. Then slowly assume a sort of

squatting position, touching the floor as

nearly as possible. This flexes all the

leg and ankle muscles besides those

ess only twice at first, and more often

this exercise, and in a short time put

To keep the waist supple and exercise

the upper part of the body, stand erect

and then lean sidewise, touching the

floor with first one hand and then the

other. By this, the shoulder and all the

muscles of the upper body are brought

An easy exercise this, and one that

shoulders. Standing erect, with hands held at the sides, bring the right arm quickly upward until the hand points

seems to keep eternal youth.

THAT is rheumatism? It is a matter of importance, and wise is the

rheumatism, which turns the sufferer around waist and hips. Repeat the proc-

in his back, that I have to do. Doctors as the exercise becomes easier. A woni-

seem to agree that this disease is an well on to middle age, whom the caused by poisons which accumulate in dreaded rheumatism had attacked, took

ing foods must be wisely taken. Fresh into play, even those of neck and throat.

comes exercise to keep the joints and Now comes the special exercise for the

tation and, consequently, pain. There- her enemy to rout.

very indefinite disease, which

may, however, be divided into

two classes - acute and

chronic. With the first, unfortunately,

We can have little to do, for it seems to

be a germ disease which must be treat-

ed by a physician, though I may say

that it sometimes follows tonsillitis and

grip, and if these two maladies are

carefully treated an attack of rheumatic

It is with the second, the chronic

into a barometer and gives him misery

the joints and muscles, causing irri-

fore, in the treatment of rheumatism

these poisons must be guarded against,

and the guarding process is what I

The prevention lies in healthful liv-

ing; colds must be avoided and nourish-

air, too, plays its part, and well-venti-

lated rooms are always essential. Last

muscles supple, and so to prevent the lodging of the poisonous substances which irritate. This exercising is a

fever may be avoided.

want to talk about today.

The Vaucaire Tonic

Dear Mrs. Symes:
Will you kindly publish the Vaucaire treatment for bust development? Is it injurious in any way to the system?

ELLA MAY.

Here is the recipe for the Vaucaire tonic to develop the bust. It is not at all injurious to the system, but will rather build it up:

rather build it up:

Liquid extract of galega (goatsrue) hosphate of lime ... 154 grains
Tincture of fennel ... 10 grains
Simple syrup ... 13½ ounces
The dose is two soupspoonfuls with water
before each meal.
Dr. Vaukaire also advises the drinking of
malt extract during meals.

Several Defects

Dear Mrs. Symes:
Will you please give a simple but effective remedy for tiny bursted veins, large pores, numerous freekles and a cloudy or blotched skin? I also have a double chin.

NO BEAUTY.

I can give you nothing to cure broken veins, but I do advise you to have them attended to by some reliable physician. I am giving you the three other ecipes you desire, and trust they will give satisfactory results.

Lotion for Enlarged Pores. Boric acid 1 dram
Distilled witch hazel 4 ounces
Apply with a piece of old linen or a bit
of absorbent cotton. Obstinate Freckles.

To Cure Double Chin. To help to reduce a double chin, practice the following exercise: 1. Stand erect, in mailtary position. Place the hands lightly on the hips, fingers forward. Drop the chin slowly on the collarbone: then throw the head back with a quick, even movement that is not a jerk, but yet puts all the muscles into quick play. Repeat ten times. 2. Turn the head quickly to the right till the chin is just over the right shoulder, then back again. Repeat ten times; then turn the head to the left in the same way. Repeat ten times. Do not tire the muscles of the neck, but gradually increase the number of exercises daily, until you can practice each one about fifty times without after discomfort.

If your skin is biotched, it is a sign that your blood is out of order. Ask

To Exercise the Ankles.

over the head. Repeat this with the will be upon the ankle. Reverse the

left arm, and you can almost feel your movement, resting the other knee upon

shoulder blades growing free and gain- the floor. In such limber joints no

ing strength. Last of all, you will ex- noxious poison could possibly find a

ercise the ankles. Stand erect and then place, and rheumatism of the chronic

lower yourself so that one knee rests order would have great difficulty in

upon the floor; the weight of your body assailing such a youthful set of muscles.

that your blood is out of order. Ask your physician to give you the pre-scription for a good tonic. Red Spots-Face Bleach

Dear Mrs. Symes:

I would be very glad if you would publish a remedy for red spots on the face. I used to have pimples on my face. After I got rid of them, they left red spots under the skin which look as if the pimples were still there. They are especially prominent when I am outdoors. Also give me the recipe for a good face bleach.

SEVENTEEN.

To make the red spots on your face less noticeable, bathe them with a solution of boracic acid and witch hazel. The following recipe is a good one for a face bleach

Pure oxide of zinc ... 1 ounce Glycetine ... 1 dram Rosewater ... 4 ounces Essence of rose ... 15 drops * Sift the zinc, dissolving it in just enough of the rosewater to cover it; then add the glycerine; next, the remainder of the rosewater. water. Shake well and apply with a soft sponge or an antiseptic gauze. The face must be well wiped on before the liquid dries, or it will be streaked.

Superfluous Hair-Moles Dear Mrs. Symes: Please give me a remedy which will permanently remove hair from the arms, and kindly tell of some remedy to remove moles and to improve the complexion. Do oranges help the complexion? L. A. W. If you will follow the advice I am giving "Anxious" and use the recipe you will be able to remove the superfluous hair. If you do not care to use it, you may bleach the hairs with a solution made of half peroxide and half water. I cannot give you anything to remove

moles, as they are growths under the skin and require the attention of an exyou will find that apples are much better for the complexion than oranges. If you eat an apple every night before retiring it will do good in many ways.

Pock Marks

Dear Mrs. Symes:

Please publish in your paper if I could get any remedy for my smallpox marks. I am a good-looking woman—have red cheeks, good, fair complexion—but my marks make me appear pretty old, for they shop very much on my forehead and nose.

JULIA B. The only thing I can advise you to is to bathe the marks with a mixture of boric acid and witch hazel. I cannot say whether this will remove the marks, but it will do no harm to try it.

Diet List

Dear Mrs. Symes:
Will you please publish in the paper a diet list for getting thin? Do you know any remedy for decreasing the bust?
F. G. I am giving a few rules for you to follow to reduce the weight—both exercise and a diet list. These will also have a tendency to decrease the bust. By all means, take no internal medicine to gain this end, for it will only ruin your general health.

Rules for the Reduction of Flesh. Avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn, potatoes, etc. Have your bread toasted; sprinkle it with salt instead of using butter. Milk, I regret to say, if it be pure and good, is fattening. Skimmed milk may be drunk. Hot water is an excellent substitute for other liquids. Add a little of the juice of limes or lemons to it, if you choose. Limit your sleeping hours to seven at the outside. No naps. You must take exercise.

MAY TAKE.

MAY TAKE. Fish-Nearly all fresh fish, boiled, Meats-Lean beef, mutton or lamb, chick-